

## During this year's National Non Smoking Week, we'd like to remind you about what cessation supports there are available....

Alberta Health Services has a comprehensive, multilayered approach to providing tobacco cessation supports. Alberta Quits is a three pronged program; online, telephone and group support. Alberta Health Services tobacco reduction program oversees the operating of AlbertaQuits. All programs are free and confidential. Please see the information below for contacting AlbertaQuits and helping your clients use this valuable service.

### Help to Quit Smoking & Remain Tobacco-Free

Remember, quitting smoking or spit tobacco is tough, but it's easier when you have help. Double your chances of quit success with support services from AlbertaQuits. Try one! Try all!



#### AlbertaQuits Online

A free, interactive and self-guided program to help you quit smoking and stay quit. Join the Forum.



#### AlbertaQuits Helpline

Need a Cessation Counsellor for quit advice and support? Call 1-866-710-QUIT (7848) toll-free.



#### AlbertaQuits By TEXT

Helpful support just a TEXT away!!



#### AlbertaQuits Groups

Maybe a group setting is the way to go?



**albertaquits.ca**  
**1-866-710-7848 (QUIT)**